

The Sundial

Issue 10 | Spring 2023


***SAFE SEX
GUIDE***

***LET'S TALK
ABOUT SEX***

***LA
PUP***

***YES,
SHE CAM***





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Cover by Liam Jäger

Letter from the *editor*



Sex has always been a topic that I've struggled to talk about, mainly because I'm on antidepressants that have killed my sex drive. But being less horny than the rest of the world isn't the only reason.

As a child, I experienced my first sexual experience that I didn't consent to. From that moment on, sex and physical touch became these dark memories. I pushed those events to the back of my mind until they felt more like dreams than memories. The definition of sex was taken from me. As I grew up, I learned about loved ones with similar experiences to mine. Around the same time, my mother was a nurse working with patients with HIV, and I was being exposed to many narratives of sex and how individuals connected with sex.

By taking what I learned from the perspectives gifted to me, the conversation surrounding sex became sacred. To celebrate and depict sex in a positive light is a privilege, so it only felt right for this issue to include a mixture of festivity and education. How I viewed sex was changed only by listening and learning. I invite you to do the same while reading this issue with an open mind.

With a final passionate send-off on my last issue as print editor, I want to thank you, the reader, for being a part of this journey with me. I'm also super grateful for my print team that kept that damn train running. To those that got in and did the dirty work, there isn't a word in the English language to express my gratitude.

A handwritten signature in black ink, appearing to read 'Ash O'.

Ashley Orellana
Print Editor

**The
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Pablo Orihuela
Editor-in-Chief

Ashley Orellana
Print Editor

Marissa Roberts
Print Managing Editor

Kirsten Cintigo
Warren Lopez
Brandon Sarmiento
Edward Segal
Editors

Zasha Hayes
David Mesquita
Illustrators

Hiba Al Hasani
Natalie Ammari
Ranae Mauck
Page Designers

Trisha Anas
Alana Daly O'Brien
Ian McKay
Copy Editors

Maia Aslaksen
Copy Chief

Liam Jäger
Tonie Lopez
Litzy Martinez
Kimberly Parada
Contributors

Jody Holcomb
General Manager

Arvli Ward
Publisher

Published by the
Department of Journalism,
California State University
Northridge
Manzanita Hall 140
18111 Nordhoff St.
Northridge, CA 91330-8258

Editorial
hello@sundial.csun.edu
(818) 677-2915
Advertising
ads@csun.edu • (818) 677-2998

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THE STATE OF SEX EDUCATION IN AMERICAN SCHOOLS

WRITTEN BY KIRSTEN CINTIGO

Whether it be through older videos or traditional coursework, students in middle and high schools in the U.S. have been learning about sex since the early 1900s.

Typically, sex education focuses on human growth and development, specifically puberty, contraception, sexual orientation and gender identity. However, the subject has remained controversial since the late 1960s, according to Rethinking Schools. And since most educational policies are left to the state and local levels under the 10th Amendment, sex education curriculums and requirements vary widely between states.

For example, in California, Assembly Bill 329 requires that students from seventh to 12th grade receive sexual health education and HIV prevention education at least once in middle school and once in high school. In comparison to the rest of the U.S., 38 out of 50 states, as well as Washington D.C., require sex education or HIV education in schools. Moreover, only 17 require the information to be medically accurate, according to data from the Guttmacher Institute.

Even with a lack of consistency in the curriculum of American schools, many parents support sex education in middle and high school. In a 2014 poll from Planned Parenthood, the organization found that 93% of parents supported having sex education taught in middle school and 96% of parents supported having the subject taught in high school.

Yet sex education remains a controversial topic today. This is reflected in Florida House Bill 1069, or what critics call the “Don’t Say Period Bill,” which aims to further restrict how sex education is taught in Florida’s public schools by banning students from receiving instruction on human sexuality, sexually transmitted diseases and menstruation before sixth grade. This bill also comes at a time when several states, including Florida, are bringing forth legislation banning gender-affirming healthcare, a topic often discussed in sex education under gender identity.

Sex education has faced controversy because of the belief from conservative groups like the Heritage Foundation that discussing gender identity, sexual orientation and sex can lead to the oversexualization of children. This has been combated by studies such as Eva Goldfarb and Lisa Lieberman’s in the *Journal of Adolescent Health*.

In their 2020 study, Goldfarb and Lieberman found that comprehensive sex education programs led to a student appreciation of sexual diversity, an understanding of dating and intimate partner violence prevention, the development of healthy relationships, prevention of child sex abuse and improved social and emotional learning.

If anything, sex education has proved to be more than just learning about the physical act of sex. It is a wide variety of subjects taught with the goal of educating students about their body and its important development.

CONSENT MATTERS

“TRY AND MOVE AWAY FROM THE MINDSET THAT ASKING FOR CONSENT IS “AWKWARD” OR MIGHT “RUIN THE MOMENT.” WHAT REALLY RUINS THE MOMENT IS WHEN A PERSON DOES NOT FEEL COMFORTABLE AND SAFE IN A SEXUAL INTERACTION.”

STACY MISSARI

MISSARI IS A CSUN ASSISTANT PROFESSOR OF SOCIOLOGY AND THE CO-COORDINATOR OF THE HUMAN SEXUALITY MINOR. TO READ THE FULL Q&A, GO TO PAGE 16.

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Not your mom's *BIRDS* and *BEEES*

CSUN student Kimberly Parada shares her perspective on why the topic of sex seems so taboo

WRITTEN BY KIMBERLY PARADA • ILLUSTRATION BY ZASHA HAYES

Let's talk about sex. The word used for the scientific categorization of gender and the definition of human reproduction. A sticky topic. Perhaps because of gender construct or the institutionally established execution of conception. But one thing is for sure, SEX rules all that is around us physically, mentally, emotionally and even socially.

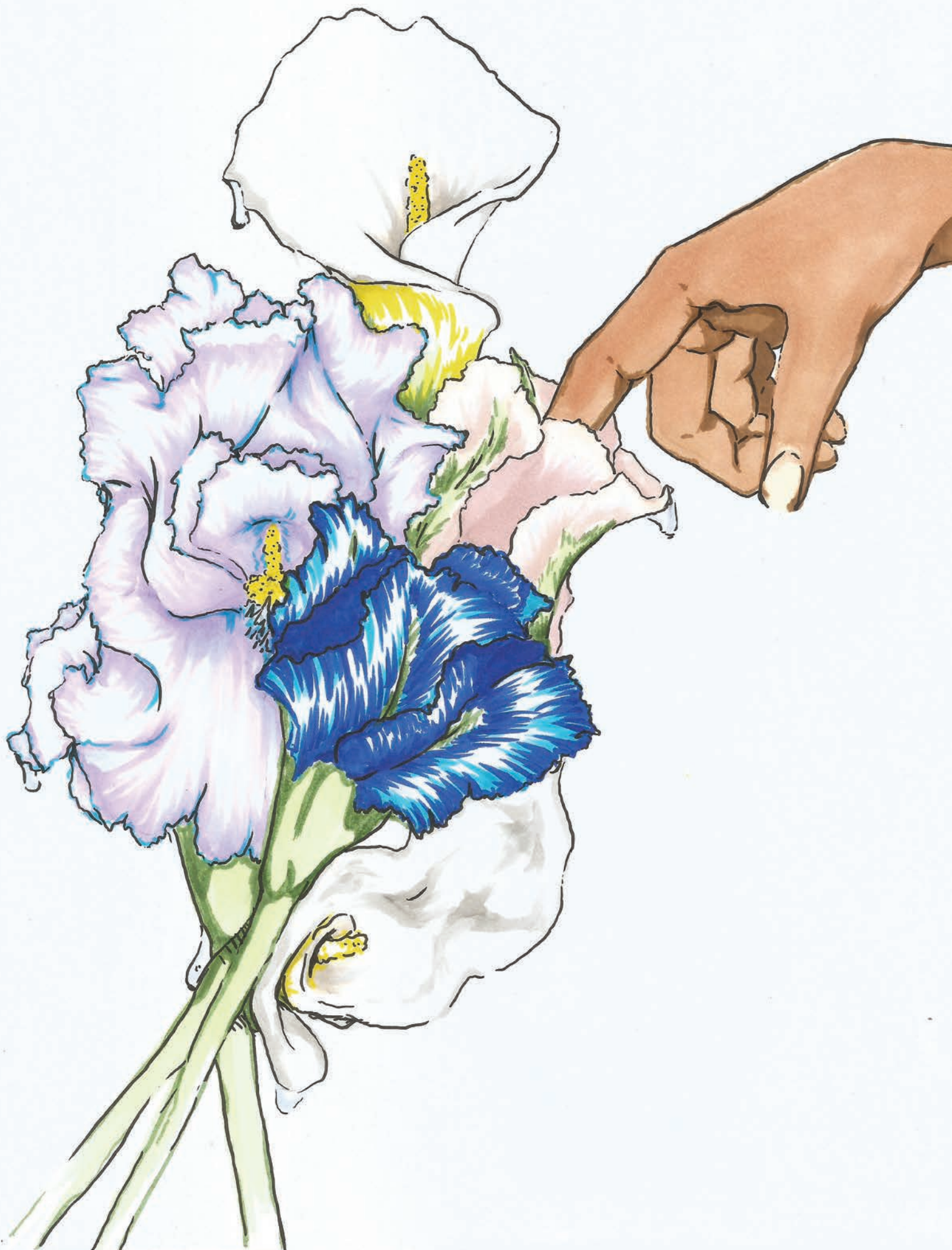
In the simplest form, insertion and extraction isn't easy to talk about. Most of these conversations seem to be done behind closed doors. Therefore, many argue that sex is a matter of privacy. Privacy. What is so private about body parts? Could it be the media's propaganda for perfection that we keep our privates out of reach? Is roast beef out of style? Have bananas been genetically modified to be perfectly erect? One way or another, food is food, and we all must eat.

Maybe it is not privacy or genitals that prevent you from participating in sexual banter. Perhaps it's people. Of course,

this too is a sticky matter. Sticky, like the insides we all have. That makes us both absolutely different but all the while the same. The way we talk about intercourse matters because of the influence it can have on us.

Positive sex talk teaches us that we are people! Girl people, boy people, they people, them people. PEOPLE! We are people with pants that zip away our privates.

But if all this is not the root of your plight, then perhaps it's something extraordinary. And I'm not talking about the "little deaths" women can have. We shouldn't have a problem talking about sex. So it's important to give a round of applause for the universal battle against daddy issues. Don't be afraid to say it. Sex. I like sex. You like sex. We like sex. Let's all circle around, hold each other's hands, and state our icebreakers for healthier and smarter and supportive conversations about SEX!



Breaking the stigma of STIs

WRITTEN BY WARREN LOPEZ

ILLUSTRATION BY ZASHA HAYES

The advent of social media and current popular culture shines a positive light on sex. Kinks and other sexual practices are mostly welcome in today's standards of sexual positivity.

The same can not be said about sexually transmitted infections.

Many people view it as more than just a burden. To some, it is a punishment.

So why do many people look down upon those who carry an STI?

Jenelle Marie Pierce, executive director of The STI Project, explained to Today that stigmatization can come from a variety of places and people, and in different stages of life. Ingrained stigma often occurs around adolescent years and may stem from abstinence-only sex education, religious beliefs, jokes, the media one consumes, and family and peers.

A chart from the organization examines the layers of STI stigma. The roots of it stem from cultural attitudes and ideologies, which spreads to media, healthcare and politics. The stigma also spreads among family, peers and religious groups, and ultimately results in internalized sexual shame.

Regardless of where the stigma arises, there is one common factor: a lack of understanding.

Sexologist Emily Depasse told Today that there is an unspoken hierarchy between those who have an STI and those who do not. Some people believe that only the most promiscuous people can get infected, but statistics tell a different story.

There were an estimated 26 million new STI cases reported in the U.S. in 2018, according to the CDC. Almost half of those cases came from people ages 15 to 24.

Many are not aware of how common sexually transmitted infections are. The Kaiser Family Foundation ran a poll and found that only 36% of the population are aware of its prevalence, and only 13% know that more than half of people in the U.S. will experience an STI in their lifetime.

Furthermore, 50% of sexually active people will have at least one STI by the age of 25, according to the American Sexual Health Organization.

Improper education and the false equivalency that STIs only happen to "others" feed into this cycle, causing even more harm.

This can be especially difficult for oppressed groups including women, people of color and the LGBTQIA+ community, especially with economic marginalization, limited access to healthcare and prejudice.

Chrissy Cmorik, the senior director of education for Planned Parenthood of the Pacific Southwest, stressed the importance of medical officials responding to an STI diagnosis without judgment. She said that people should acknowledge the importance of knowing their own body so one can recognize any changes and treat them early.

She also said discussions are essential to dismantling shame surrounding STIs, as avoiding them has physical, emotional and mental effects. Planned Parenthood reported that 36% of people diagnosed with herpes reported having suicidal ideations and 3% have attempted to commit suicide.

What can people do to destigmatize STIs? According to Planned Parenthood, education is where it can start. The organization said fear in sexual health courses, myths and words with negative connotations such as "dirty" and "devastating" should be eliminated.

Pierce said normalizing topics around these infections within social circles can also be a helpful first step. However, one's sexual health can still be a private topic and thus it may not be the easiest conversation.

Cmorik reminded readers that STIs can still be treatable. Whether it's antibiotics for bacterial infections, or the variable treatments for viral ones, it does not have to be treated like the scarlet letter it is seen as today.



A CSUN safe sex guide

A list of resources on campus

WRITTEN BY EDWARD SEGAL

Pride Center

Location: Second floor of the University Student Union Sol Center

All resources listed are free.

Condoms

Internal condoms

Dental dams

Referrals to the Tarzana Treatment Centers for hepatitis C and HIV rapid testing

Wellness Vending Machine

Location: First floor at the University Student Union Sol Center

Prices and stock may vary.

Condoms - \$5

Internal condoms - \$5

Tylenol and Ibuprofen - \$5

Emergency contraception - \$25

Pregnancy test - \$5

Women's Research and Resource Center

Location: 18356 Halsted St.

All resources listed are free.

Condoms

Informal peer support

Referrals

Klotz Student Health Center

Location: In between Chaparral Hall and Bertrand Avenue

The health center offers a variety of resources for students at little to no cost.

Prices and services may vary, call 818-677-3666 for more information.

Generic condoms - 12 for \$2

Trojan Magnum condoms - 6 for \$8

Non-latex condoms - 12 for \$8

Lubricating gel - \$6

Emergency contraception - \$20

Birth control

Pregnancy testing

Pregnancy options counseling

HIV testing

STI testing and treatment

Sexual health exams

Annual physical exams

Pap smears

Instruction for breast and testicular self-exams

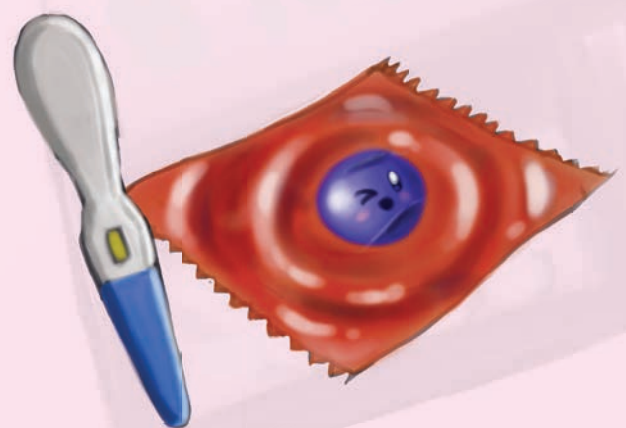


ILLUSTRATION BY DAVID MESQUITA

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THE LIFE OF A

cam



WRITTEN BY LITZY MARTINEZ AND MARISSA ROBERTS

In 2014, Alyssa Shy was walking home from a shift at Subway in Hollywood. She was working at the sandwich chain to make extra money while attending college at California State University, Los Angeles. A man driving a Porsche pulled over and stopped her to ask if she had ever thought about camming, a way to earn money by performing sexual acts in front of a webcam. Today, Shy earns roughly \$20,000 each month working full-time as a cam girl.

Alyssa Shy is not her real name, it is the name she uses for work as a way to protect her identity from clients. When she started, Shy was completing her Bachelor of Arts in Communications. She graduated in 2017 and decided to continue her career in the adult entertainment industry.

The man who introduced her to camming set her up with equipment and an account on the adult platform LiveJas-

min. His girlfriend at the time took Shy lingerie shopping, something she had never done before.

“That was so nerve-racking,” Shy said. “Then they had all these toys out on the couch. And I, like, I’ve never used these toys before.”

In return, the man took a percentage of her profits. He took 40% of her earnings, the website took 40% and Shy took home 20%. Shy recalled making \$2,500 in her first two weeks of camming, more than what she was earning at Subway at the time, but not nearly what she could be making on her own.

A year into working in the industry, Shy felt like she could do it on her own. Even her clients encouraged her to move on.

“I had a member, like my top member, he was like, ‘Why are you still working for this company?’” she recalled.

Soon after, Shy put in her two-week notice and ventured out.

Currently, she works for herself on websites like OnlyFans and SextPanther. The Twitter account she uses to keep in touch with her clients has amassed almost 40,000 followers. Shy’s main source of income comes from MyFreeCams, an adult camming website similar to LiveJasmin. She takes home 60% of the profits while the website takes 40%.

When Shy started in the industry, she recalled getting some pushback from family members, but ultimately ignored any criticism of her career choice.

“If you’re going to be doing this job you should honestly not care what anybody thinks,” she said.

While the stigma surrounding the topic of sex seems to have largely improved, there is still a way to go when it comes to ending the stigma for sex workers.

Students who participate in sex work is not a new concept and there are a variety of reasons why they choose to

girl

HOW A STUDENT GOT STARTED IN THE ADULT ENTERTAINMENT INDUSTRY

enter the industry.

For Shy, camming gave her financial freedom to work on her own terms.

In 2017, CSUN graduate students Ute Anderson and Alexander Petro wrote and published a master's thesis about students from CSUN and surrounding Southern California colleges who are sex workers. They documented the lives of six individuals whose work titles varied from dancers to escorts.

In an interview with the Daily Sundial from 2017, Anderson said that she wanted to disprove stereotypes about sexworkers, as she herself had experience in the industry.

"I had personal history with sex work, I was a sex worker for 15 years, and I didn't feel like my story was represented in the research," Anderson said.

She felt as though research on the industry often focused on drugs, homelessness, criminality or sexually transmitted

infections, which is not the reality for all sex workers.

The report from Anderson and Petro found that most of their participants were financially stable, and as a result, were able to spend more time focusing on their school work. They also found

"If you're going to be doing this job you should honestly not care what anybody thinks."

that technology exposed the students to new online avenues of sex work.

The adult industry has transformed in the last few years, especially in response to the COVID-19 pandemic. OnlyFans, an online content platform that is used for adult entertainment, grew from hosting 60,000 creators in 2019 to more than a million by December 2020, according to the Daily Bruin.

The online matchmaking company

Seeking, that monetizes dating, reported that in 2021 over 350,000 Canadian students joined their platform.

While Shy said she enjoys her job and the freedom that comes with it, she can sometimes feel the weight of how much her clients rely on her.

"It's stressful. If they're giving you money you have to give them time," she said. "I feel like a therapist for a lot of these dudes."

Shy also advised people who want to ultimately pursue other career paths to seriously consider the consequences of having adult content out on the internet due to the stigma around the industry.

"If it's just going to be a temporary thing, don't do it," Shy said.

THE ART OF PUP PLAY





WRITTEN BY ASHLEY ORELLANA • PHOTOGRAPHED BY LIAM JAGER

Kieran Hound practices the creative mimicry art of pup play. Hound isn't just any pup, but the winner of the 2022 Los Angeles Pup Contest. The Doberman guard pup says it has been exciting to be the first genderqueer pup to win the award.

Hound describes pup play as similar to an actor who understudies a character on stage. In parallel, both collect mannerisms and energies that help them creatively channel the magic of theater.

Hound, who is also a nutritionist for cats and dogs, observes the unique personalities of dogs that come into their job, or that they have owned. Biological dogs are only ever used for art inspiration as Hound tends to mimic their energy.

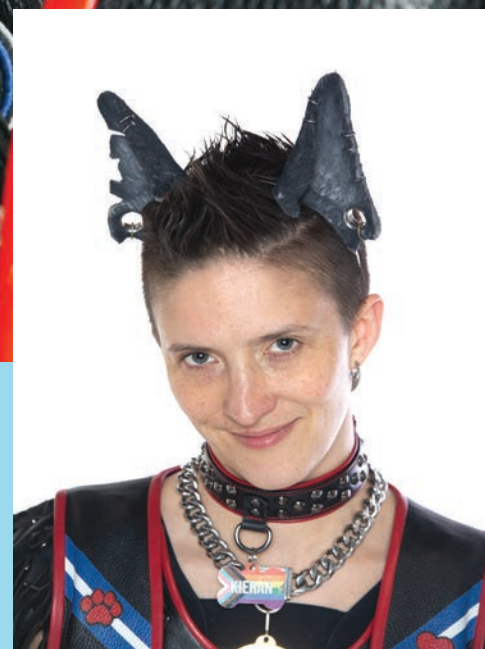
The practice of pup play is inspired by BDSM, bondage, dominance, sadism and masochism, and International Mr.

Leather, an annual leather conference and contest. Hound explains that the Los Angeles Puppy Pride festival was influenced by the International Mr. Leather contests from the 1970s.

While there is not a guide to pup play, Hound adds, "It's your creative expression of how you want to be creatively you."

According to Hound, pups are the most visible group in the BDSM community and typically seen as a dominant and submissive partnership. However, they express that anyone can play any animal, even mythical, without a partner.

Ultimately, pup play is tied to the creative expression of oneself. Pups use trust, engagement and play to interact sexually with care to their physical and mental needs.



Sexuality 101

Professor Missari answers questions on the topic of sexuality

INTERVIEWED BY BRANDON SARMIENTO



Stacy Missari is an assistant professor of sociology at CSUN and the co-coordinator of the human sexuality minor. Her research focuses on the impact of positive views on sexuality in adolescence and how young adults develop their attitudes toward sexual pleasure. Missari has also collaborated with Bobbie Emetu, a CSUN public health professor and human sexuality minor co-coordinator, for research on the sexual practices and health of queer women. Missari received her doctorate of philosophy in sociology from the University of Connecticut in 2013.

What has been one of the most interesting findings in your research on sexual pleasure in adolescence?

One of the most interesting things I have found in my research are the long-term benefits of positive attitudes toward sexuality in adolescence. Having a positive approach to sexuality in adolescence not only positively impacts your sexual health and satisfaction in adulthood but positively affects things that we don't usually associate with sexuality like mental health, educational achievement, and number of close friends. In contrast to the political rhetoric that comprehensive sexuality education is dangerous, the research demonstrates that it actually has the opposite effect.

Are there any generational differences on how sexual intimacy is viewed?

I am not familiar with the research on the differences in sexual intimacy between Gen Z and Millennials, but if I had to speculate, I think the biggest difference would be attitudes toward the use of technology to find romantic and sexual partners and talk about sexuality in online spaces. I would think there are very different views regarding the lines between public and private for members of each generation. If a researcher were to design a comparative study now, they would have to take into consideration the differential experiences of the COVID-19 pandemic and its subsequent effects on sexual intimacy and views of sexual risk since Gen Zers and Millennials were in two very different stages of life at the height of the pandemic.

What is sexual subjectivity and what are some factors that can impact it?

Sexual subjectivity is a personal feeling of entitlement to sexual pleasure and safety. Having knowledge about your body and what you want and feeling like you have the ability to express yourself contributes to sexual subjectivity.

Is there a stigma associated with sex education? If so, how does that stigma affect the way people view sexual intimacy?

Despite all the positive conversations about sexuality that may be happening in other spaces, sex education still generally promotes the idea that sex is inherently wrong and dangerous for young people, rather than it being seen as one part of humanity that includes both pleasure and danger, like so many other aspects of life. I think the stigma around sex education contributes to shame, misinformation, and less pleasurable experiences.

Are there any benefits to and misconceptions of masturbation?

One of the prevailing views that we have in US society is that talking about masturbation is wrong, especially for girls and women. Masturbation is one of the safest ways to get to know your own body and to explore what gives you sexual pleasure.

Do you have any advice on how to ask for sexual consent in the heat of the moment?

My hope is that in the US we can have broader discussions of consent that start at a much earlier age so we do not only have this conversation in the heat of the moment. We aren't there yet, however, so I would tell people to try and move away from the mindset that asking for consent is "awkward" or might "ruin the moment." What really ruins the moment is when a person does not feel comfortable and safe in a sexual interaction.

How can someone who has faced sexual trauma engage in sexual pleasure?

I think it is important for survivors of sexual trauma to process their experiences with a licensed mental health professional, ideally someone who has expertise in sexuality. In addition to therapy, getting the time and space to explore your body on your own is important. I also think it is important for survivors to know that sexuality doesn't have to be expressed in just one way. There are many ways to experience sexual pleasure while respecting your boundaries around certain sexual practices. That is something that is not only important for people who have experienced sexual trauma, but for everyone.



Is there anything else from your research that you feel is important to shed light on?

I think those of us who live in states that aren't subject to recent bans targeting members of the LGBTQIA+ community, abortion, critical race theory, women's and gender studies, queer studies, etc. need to see them not only as a threat to the people who are directly affected by these bans, but as a larger threat to everyone's sexual freedom.



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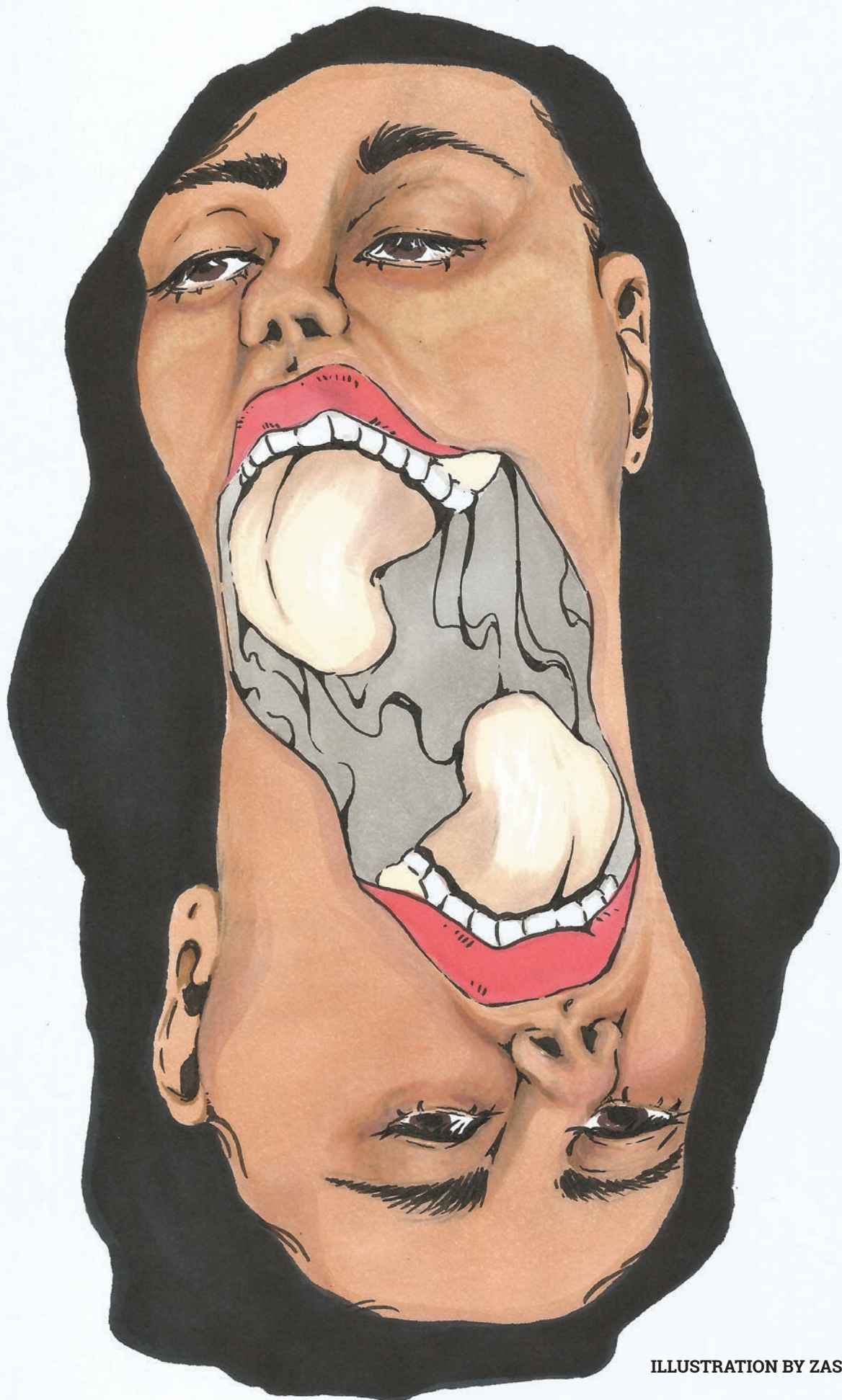


ILLUSTRATION BY ZASHA HAYES

Friday night love

After a long day
I needed to feel something
Just as long and hard but
More fulfilling, how I love
The feel of it
The sweet feel of his arms, the
Bittersweet tastes of juices
In my mouth, oh how it
Feels wet and warm
Running down my face
On my tits, and on my stomach
His body and mine, so warm
Yet so sensuous, I love
Every minute of it
Beautiful skin and a beautiful mind
My king, my love
If only it could be like this
All the time
This is only for tonight, the start
Of the weekend, a lusty sleepless
Night, Friday night with a conquest
My Friday love

- TONIE LOPEZ



In the heat of the lyric

Songs to set the mood

CREATED BY ASHLEY ORELLANA



ILLUSTRATION BY DAVID MESQUITA

Just To Keep You Satisfied - Marvin Gaye

SWV - Summer Walker, NO1-NOAH

You - Jacquees

Lights On - FKA twigs

Fire & Desire - Drake

Es un Secreto - Plan B

The Party & The After Party - The Weeknd

Been That Way - Bryson Tiller

Between Us - dvn, Snoh Aalegra

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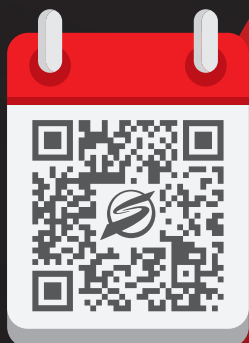
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Monday, May 8 – Friday, May 19
📍 Plaza del Sol



DREAM Center: UndocuGraduation

Sunday, May 14: 2 – 4 p.m.
📍 Northridge Center



VRC: Graduation Celebration Dinner

Thursday, May 18: 5 – 8 p.m.
📍 Northridge Center



Pride Center: Rainbow Graduation

Friday, May 19: 2 – 4 p.m.
📍 Northridge Center



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